**(Read the Managing Stress paragraphs and answer the Managing Stress questions in Google Classroom area; or pick up a hard copy from the school, complete, and return it by 17 April 2020)**

**MANAGING STRESS**

*Positive and Negative Stress*

The teen years are a time of many changes. Your body is changing, you are gaining new responsibilities, and you are forming new kinds of relationships. Stress is your body’s response to change and a normal part of life. Stress happens when unusual situations, such as a threat or even a positive challenge, put pressure on your mind and body.

Stress is not necessarily bad. Positive stress can be healthy and provide a feeling of fulfillment. It can help motivate you to do your best and to reach certain goals. Positive stress creates excitement. It might help you to find the energy to score the winning goal in a soccer match, or to do exceptionally well on a school project.

Some stress can have unhealthy effects, however. This type of negative stress is called distress. Distress may cause you to have an upset stomach before giving a report, for example. It may also cause you to lose sleep after you argue with a friend. You can’t always avoid negative stress, but you can learn to manage it.

Negative emotional stress distorts the way you view yourself, others around you, and the world in general. You may lose some of your self-esteem, which can make you feel less competent, unloved, or unworthy. Relating to people may become harder. Prolonged stress can make you feel listless, unable to enjoy life to the fullest, and may even cause illness.

*What Causes Stress?*

To handle stress, you need to know what causes it. Anything that causes stress is called a stressor. Stressors range from everyday annoyances to serious personal problems. They also affect different people in different ways. Whereas you might feel nervous about auditioning for a band, play, or choir, some of your friends might find the same situation exciting. Figure 2.10 shows you some of the things that may cause you stress as a teen.

 Although positive changes are usually less stressful than negative ones, there are situations like competing for high grades or getting into a highly rated college that often cause great stress among teens.

Course: AFJROTC (Leadership Education) WEEK 3 Due: 17 April 2020

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NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CLASS PERIOD: \_\_\_\_\_\_\_\_\_\_\_

Multiple Choose. Select the best answer.

1. What is your body’s response to change and a normal part of life called?
2. Distress
3. Problems
4. Stress
5. Growth
6. When does stress occur?
7. When unusual situations, such as a threat or even a positive challenge, put pressure on your mind and body
8. Only when normal situations happen
9. Only when you allow it
10. Only after a solution has been reached
11. Which kind of stress can be healthy and provide a feeling of fulfillment?
12. Neutral Stress
13. Positive Stress
14. Negative Stress
15. Which type of stress might help Molina score the winning goal in a soccer match?
16. Positive Stress
17. Negative Stress
18. Neutral Stress
19. Negative stress that can have an unhealthy effect is also known as what?
20. Comfort
21. Expectation
22. Satisfaction
23. Distress
24. What does negative emotional stress tend to do?
25. Help you become more focused on your task
26. Causes you to not worry as much
27. Distort the way you view yourself, others around you, and the world in general
28. How can negative prolonged stress make you feel?
29. Listless, unable to enjoy life to the fullest, and may even cause illness
30. More confident
31. Safe
32. Powerful
33. What is a stressor?
34. A document that solves all of your problems
35. The solution to your worries
36. Anything that causes stress
37. Anything that does not causes stress
38. What is the range of stressors?
39. Everyday annoyances to serious personal problems
40. Serious personal problems to extremely serious personal problems
41. On everyday annoyances
42. Which type of changes are usually less stressful than negative ones?
43. Positive changes
44. Negative changes
45. The stress levels are the same no matter what type of change it is